

# Sleep Optimization

## How to Sleep Better



**Sleep in a comfortable bed with non-toxic, pleasing bedclothes**



**Expose yourself to natural stimuli**  
*(e.g., sunlight, the surface of the Earth)*



**Stress down in the hours before bed**  
*(e.g., minimize cell phone usage and stressful work activities)*



**Minimize your exposure to artificial light at night**  
*(e.g., use candles, install light-adjustment software on your PC)*



**Work on improving your general health**  
*(e.g., by addressing your microbiome and immune status)*



**Exercise, but not directly before you hit the sack**



**Consider taking a cold shower or bath prior to sleeping**



**Stick to a routine**  
*(e.g., go to bed at roughly the same time most days)*



**Avoid brain stimulants**  
*(e.g., sugary foods, carbs-rich dairy products, coffee)*



**Sleep in a cool, ventilated, dark room**

# For Beginners Sleep Optimization

**C Cleary**



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1960er jahren entdeckt wurden und als leichte beruhigungsmittel bekannt sind

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depressionen lassen sich auch medikamentös sehr gut behandeln ein besonderer vorteil der medikation gegenüber der  
psychotherapie liegt in der geschwindigkeit des wirkungseintritts

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medikamentengruppe ist in der öffentlichen meinung heftiger umstritten als die der modernen psychopharmaka mit  
begriffen wie chemische keule oder chemische zwangsjacke geraten sie immer wieder in die schlagzeilen

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